

New Bernal Journal

August/September 1998

Serving the Bernal Heights Neighborhood of San Francisco

Volume 35 • Number 4

BHNC '98 COMMUNITY CONGRESS

The atmosphere was bright and filled with optimism as Bernal Heights neighbors gathered at the Tenth Annual Community Congress, hosted by the Bernal Heights Neighborhood Center (BHNC) on June 20th. The annual community meeting focused on a membership drive as well as BHNC Board elections, community workshops, presentation of the year in review and development of the 1998-99 fundraising strategy.

The event was kicked off by a unique and special dance presentation by DanzaAzteca that included a blessing for the day. Randy Haves, Principal of Paul Revere Elementary School welcomed neighbors and community members and stressed the importance of community involvement. He emphasized that it was working in collaboration with

other agencies that helped Paul Revere provide afterschool services and begin a process of neighborhood involvement.

Helen Helfer, Executive Director, and Mauricio Vela, Center Director, introduced the multiple services offered by the Center. The presentation continued to stress long-term financial stability as BHNC's overall goal. Other goals included continuing relationships with private and government funders, cultivating the "Friends of Bernal Heights" campaign, promoting local leadership and encouraging people to actively participate in the mission/work of the Center.

Annie Gonzalez, a BHNC Senior Services client, spoke on her experiences at the Center. Annie would have been homebound

without the services of the Center, which provides transportation to and from the Center, daily subsidized lunches, and recreational activities. "I come to the Center everyday," said Annie as she related her daily experiences.

Annie also recounted how she received special assistance for her leaking ceiling. Staff and volunteers at the Center were there to assist her in finding affordable and timely repairwork.

Five members of the Bernal Heights community were elected to serve on the board; Patty Barraza, Demice Garepis (current Board president), Alice Gilbeaux, Valentin Porras and David Rogers. BHNC offers congratulations to all of them as well as our gratitude for their leadership.

Supervisor Tom Ammiano, who has lived in the Bernal Heights neighborhood for 25 years was also an active participant. He was impressed by the various workshops and by the energy of the event.

"In 25 years as a resident of Bernal Heights, I've internalized all the priorities of the neighborhood," said Ammiano. "Not only does it mean a lot to me but we've established a model of involvement for other neighborhoods."

Workshops

Neighborhood Schools

Randy Haves, Principal of Paul Revere Elementary, and Warren Cane, Principal of Junipero Serra Elementary, presented updates on their respective schools. They welcomed parents and neighbors and urged them to get involved with the schools. In addition, Gladys Frantz, Principal of Leonard Flynn Elementary School, communicated with BHNC staff to begin a process to work with neighbors and community members. At the workshop, two principals emphasized their efforts to raise test scores and to increase enrollment in neighborhood schools. The workshop ended with the goal to highlight neighborhood schools and activities in the *New Bernal Journal* and to encourage parents to get involved.

Affordable Housing - Bernal Dwelling

Edda Pecini, representative from the San Francisco Housing Authority (SFHA), announced that the construction of Bernal Dwelling will begin in July 1998. The Mayor's Office of Housing will provide funding beyond the \$25 million of Hope VI funds granted by HUD (Housing and Urban Development) which will be needed to complete construction. SFHA also intends to apply for tax credits.

There were concerns from the workshop participants regarding a lack of community involvement in the process of planning the physical development, future management and support services. One of the promises of the Hope VI program was to create a Community Advisory Committee to oversee these aspects of the re-construction. Some of these concerns were already voiced to Ronnie Davis, Director of Housing Authority (*Please see a copy of the letter from Mr. Davis, responding to these concerns, at the end of this article*). In response to the stated concerns, BHNC asked participants to volunteer on the Community Advisory Committee, which would meet regularly with SFHA to voice concerns.

Welfare Reform

Pam David and Hope Kamimoto of the Department of Human Services (DHS) provided updates on the implementation of welfare reform in San Francisco. Three neighborhood sites for CalWORKs offices are: Mission/Chavez One Stop Shop, Bayview and Chinatown. The key issues coming up for DHS are domestic violence, lack of affordable housing, money management and drug addiction. DHS is in the process building support systems for families transitioning from welfare to work—childcare, English skills, and development of relationships with services.

Bernal Partners Project (BPP)

Meeta Rani Jha, Resource Coordinator of the BPP, explained that the goal was to ensure the continued health and vitality of Bernal Heights by mobilizing the

(Continued Page 2)

Map for the '98 Bernal Heights Hillwide Garage Sale

 Saturday, August 22 • 9:00 - 4:00 

NORTH OF CORTLAND AVENUE

19 Stoneman (Manchester & Folsom)
57 Prospect (Esmeralda & Coso)
99 Prospect (Virginia & Coso)
316 Prospect (Cortland & Eugenia)
161 Lundy's Lane (Virginia & Esmeralda)
190 Coleridge (Virginia & Esmeralda)
229 Coleridge (Virginia & Godeus)
121 Kingston (Mission & Coleridge) *
199 Bonview (Eugenia & Cortland)
251 Bocana (Eugenia & Cortland) % *
114 Wool (Eugenia & Cortland) % *
86 Wool (Eugenia & Cortland) % *
80 Wool (Eugenia & Cortland) %
51 Wool (Eugenia & Powhattan)
225 Andover (Cortland & Eugenia) *
224 Moultrie (Eugenia & Powhattan)
76 Ellsworth (Bernal Heights Blvd & Powhattan)
81 Gates (Powhattan & Cortland) %
190 Gates (Eugenia & Cortland) %
240 Gates (Cortland & Eugenia)
3666 Folsom (Eugenia & Powhattan)
3639 Folsom (Powhattan & Eugenia) *
101 Banks (Corner of Powhattan) %
231 Banks (Cortland & Eugenia)
136 Prentiss (Eugenia & Powhattan) *
636 Peralta (Esmeralda & Mayflower)
324 Peralta (Montcalm & Rutledge) *
51 Peralta (Hampshire & Wright)
80 Montcalm (York & Mullen) *
362 Mullen (Brewster & Montcalm)

CORTLAND AVENUE

Cortland @ Prospect, Prospect Gardens %
135 Cortland (Winfield)
201 Cortland (Corner of Elsie)
319 Cortland (Bocana & Bennington)
513 Cortland, Gifts on the Hill (Andover & Moultrie)
515 Cortland, Bernal Heights Neighborhood Center
Corner of Cortland @ Moultrie %
Corner of Cortland @ Moultrie %
Corner of Cortland @ Moultrie %

SOUTH OF CORTLAND AVENUE

401 Holly Park Circle (Park & Murray)
130 Newman (Andover & Bennington) %
136 Newman (Andover & Bennington)
618 Moultrie (Tompkins & Ogden) %
666 Moultrie (Tompkins & Ogden)
331 Ellsworth (Jarboe & Cortland) %
407 Banks (Jarboe & Tompkins) % *



A fundraising event to support services to seniors at the
Bernal Heights Neighborhood Center
515 Cortland Avenue, San Francisco, 94110

For more info:
(415) 206-2140



New Bernal Journal

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**Next Issue: October/November
Advertising & Copy Deadline Sept. 18.**

New Bernal Journal is a bi-monthly neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with their community's news, ideas, issues and events, which support the center mission: *To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights.* New Bernal Journal is distributed door-to-door for free to the community of Bernal Heights. Articles express the views of contributors and not necessarily those of New Bernal Journal or Bernal Heights Neighborhood Center.

Editor's Comments

Dearest Neighbors,

This is probably one of the toughest letters I've had to write. It is, in fact, my farewell. I will be leaving my post as Editor of the New Bernal Journal to pursue other career options. I have enjoyed my tenure as Editor and appreciate all the wonderful letters of support and thanks I received from long time neighbors.

I have enjoyed getting to know many of you and hope that our relationships, though now changed, will still grow. I thank Maurecio Vela, Demece Garepis, and David Rogers for their belief in my abilities and continued support, hard work and cheerleading since my first December issue. I thank Valentin Porras and Anne Telford for their support and hard work as members of the Advisory Board. And I thank Valerie Harris, who has been irreplaceable. Your hard work and sharp eyes have helped this paper tremendously.

I learned quite a lot about my new neighborhood from an Editor's eye-view. It makes me proud to be a Bernal Heights dweller. This is a wonderful, giving community. I have learned a lot from you about mutual respect and cooperative support. Thank you very much for these lessons.

The position of Editor is vacant. I urge anyone seeking a self-expanding, motivational and worthy part-time job to apply for the position at the Neighborhood Center. You should have writing, organizational and production artist abilities.

Once again, I thank you all for the opportunity to be such an active part of your community. I intend to still be active in the ongoing development and nurturing of Bernal Heights, though my voice may not be as widely broadcast.

Thank you and good luck,

Lakenda Wallace

CITY URGES INSPECTION OF DECKS!

In light of the recent deck collapse at 83 Noe Street on July 25, 1998, the Department of Building Inspection urges all property owners/tenants to check the stability of any building attachment, including but not limited to decks, stairs, balconies and porches.

Recent weather conditions, such as El Nino storms, may have caused severe wood decay. Wood decay is a major cause of damage in decks and balconies. If the wood is soft, spongy or cracked, the building attachment may require an inspection as soon as possible.

The Department of Building Inspection recommends the inspection of any building by a licensed professional—Pest Control Contractor, General Contractor, Architect or Engineer—every two years.

Any member of the public may call the Department of Building Inspection to request an inspection of exterior attachments within their property. Please call 558-6096 to schedule an inspection. You may also obtain a copy of the Department of Building Inspection Information pamphlet by stopping by their Information counter at 1660 Mission St., 1st Floor.



Bernal Heights own David Rogers reads the latest edition of the New Bernal Journal in TOKYO!!! I didn't even know we had a Japanese translation!!

BERNAL HEIGHTS NEIGHBORHOOD CENTER 1998 COMMUNITY CONGRESS (Continued from Page 1)

community to create a safety net for individuals and families who are going to be impacted by the transition from welfare to work and for those who are "at-risk." Phase I (Feb. 1998-Feb. 1999), involves improving the services provided by local agencies by placing volunteers. Linda Willard, one of the workshop participants, recounted her experience as a BPP volunteer. She had been referred to the Rolling Readers program at Leonard Flynn School. She found her experience there of reading to the kids rewarding. She felt that the kids needed a lot of support with reading and many more volunteers were needed to give the children the attention they deserved.

Neighborhood Elder Support Team (NEST)

Lisa Coffey, Volunteer Coordinator of NEST requested new volunteers. Volunteers are needed to assist frail, isolated seniors to stay independent and safe in their homes. Volunteers help with transportation, in-house safety assessment and "friendly visiting." The NEST program also plans special outings and events for seniors.

For more information, please call Meeta/Mauricio/Lisa at 206-2140 at BHNC.

San Francisco Housing Authority

June 16th, 1998

Ms Helen Helfer, Executive Director
Bernal Heights Neighborhood Center
515 Cortland Avenue
San Francisco, CA 94110.

Dear Ms. Helfer:

Thank you again for participating in the special San Francisco Housing Authority Board of Commissioners meeting on May 7, 1998. As you know, rebuilding Bernal Dwellings continues to be one of my highest priorities as part of the transformation of public housing in the City into safe, high quality, well-maintained and well-managed housing. The Authority is in complete agreement with many of the comments made at this meeting and is seriously considering others.

Let me take this opportunity to specifically respond to those concerns that you raised at the public hearing and also reiterated in your May 11th letter to Commission President Paella. They are as follows:

Recommendation that there be more tenant involvement in the SFHA's non-profit (at least 50%)

• On May 14th the SFHA Commission amended the proposed non-profit By-laws and added two(2) additional residents for a total of three(3) residents on a seven(7) person board.

• Resident board members will be recommended to the SFHA Executive Director by resolution from the tenant association or resident management corporation.

Recommendation that there be a separate non-profit for each HOPE VI development that includes tenants, neighbors, merchants and a CCHO representative.

• I believe that the SFHA will form a separate non-profit for Bernal Dwellings and for each HOPE VI development. Also as stated above, there will be more involvement of residents on the board of this non-profit. As part of this process, we welcome the experience and knowledge of other non-profits such as CCHO members and the Bernal Heights Housing Corporation who wish to share their experience and who wish to support the SFHA in revitalizing their sites.

Recommendation that there be a Bernal Dwellings HOPE VI Advisory Committee that includes residents, neighbors and interested organizations in the Mission District and Bernal Heights area, including the Bernal Heights Housing Corporation.

• I also agree that a facilitator to run the meetings would be beneficial, similar to North Beach.

• Following discussions and concurrence with the residents, the SFHA will proceed with plans to establish the advisory committee in the next several weeks.

Let me also add that I have instructed my staff to work with Bernal Dwellings residents to improve resident outreach by creating a plan of action. This may include additional mailouts, follow-up phone calls on key issues and continuing to have bilingual translators at all meetings with residents to stimulate diverse resident participation. As you know, Juan Monsanto, who is bilingual, has been coordinating and attending Bernal Dwelling meetings and interacting with the Hispanic community for over four years.

I thank you again for your interest in the development of the new Bernal Dwellings. Staff will call you to discuss a schedule for meetings as soon as the plans are discussed with the resident leaders. I look forward to continuing to work with you, other neighboring community organizations and the residents surrounding the site. I am confident that working together, we will exceed the expectations and produce a wonderful new Bernal Dwellings community.

Thank you once again.

Sincerely,

Ronnie Davis
Executive Director

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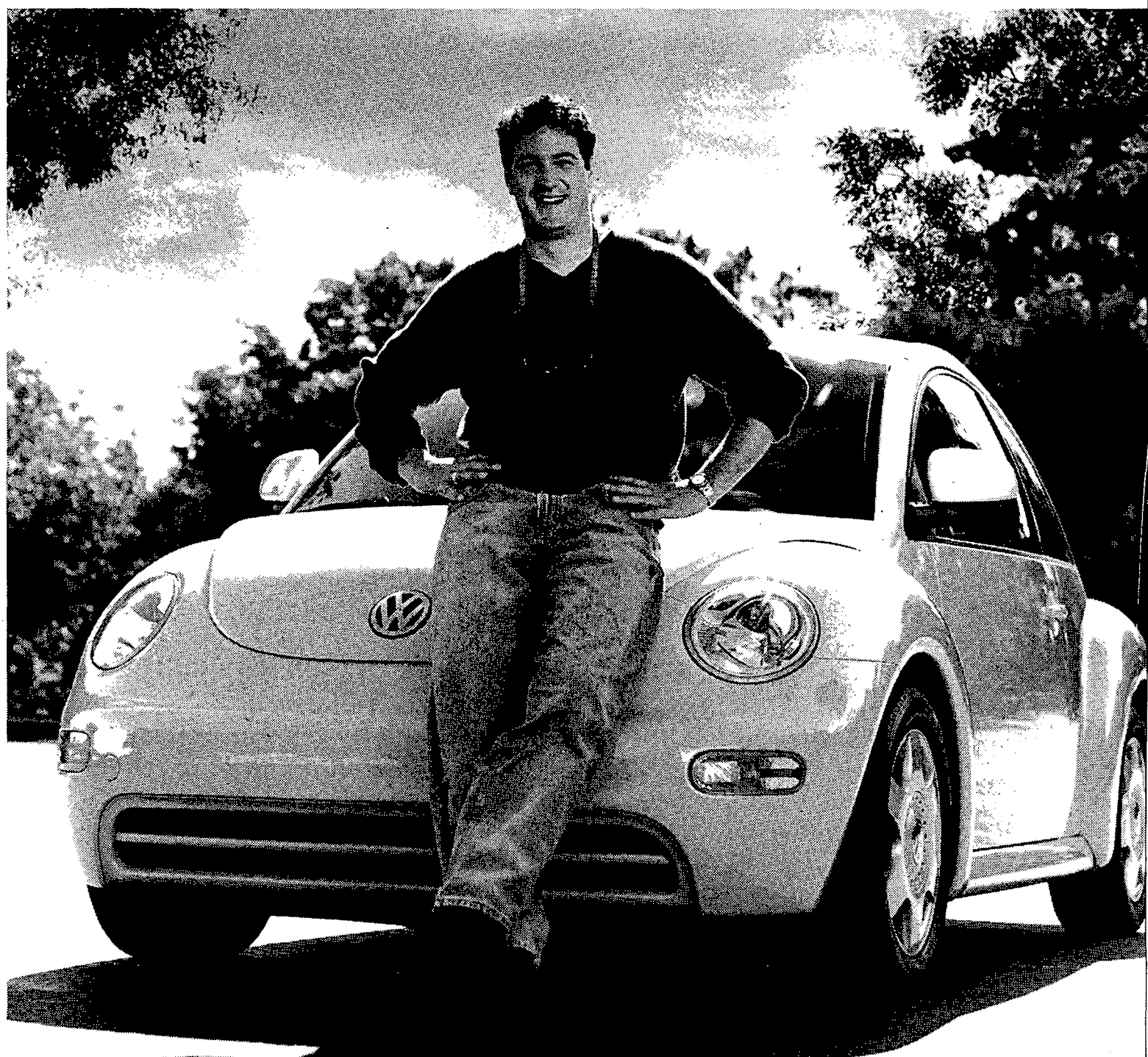
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LIKE M.O.T.H.s TO A FLAME

by Ann Kircher

Residents of Bernal Heights were drawn to St. Kevin's Church for the gala performance of Music on the Hill (MOTH). On June 7, cellist Joan Jeanrenaud (of the Kronos Quartet) and pianist Ava Soifer performed to a sold-out crowd in the first concert of a new series of chamber music recitals.

Music on the Hill (MOTH) is the brain-child of Bernal residents Ava Soifer and Jim McGehee. After conducting a survey last fall, it became clear that local residents were ripe and ready for this new venture. Shortly thereafter, Joan and Ava, who have lived only a block away from each other for years, met at a Christmas party.

The concept of a local grassroots concert series was exciting to Joan, whose lifestyle includes concert tours six months out of the year. What a concept, walking to a rehearsal and then three blocks to the concert hall!

A board of directors was later formed and a search for a location began. When approached, Fr. Clifford Martin was extremely enthusiastic about holding the series at St. Kevin's. The board received overwhelming support from local merchants.

The interior of the church glowed as Joan Jeanrenaud and Ava Soifer played a program of cello and piano music. The concert began with Sonata #2 in D Major by J.S. Bach. The second work performed (and the audience favorite) was Sonata Op. 71 for cello and piano by Kabalevsky. The second half of the program opened with the Brahms Sonata in E Minor, Op. 38 and the concluding work was Variations on a Slovakian Theme composed by Bohuslav Martinu.

Throughout the concert it was delight to hear and watch the apparent connection between the performers. It was infectious to watch Ava and Joan obviously enjoy the process of making music together. Here was the essence of chamber music, performed in an intimate space, with stunning church acoustics. The audience ceased to be an observer and entered directly into the music. Some thoughts from the audience members who attended the concert: "We thought the performance of last Sunday evening was quite superb. A delight for us and we think a highlight for the Hill and others. The music was exceptionally performed...the acoustics, by the way, and the visuals of St. Kevin's was mighty fine...the Priest there should be well thanked..."

"...great performance last night. Can't wait for the next and the next and the next..."

The series will continue with An Evening of Opera on September 13th. Members of the San Francisco Opera Chorus will perform solos, duets, trios and quartets from selected operas by Mozart, Rossini, Strauss, Puccini, Gershwin and Bernstein. The program will include scintillating commentaries by Scottish pianist Ian Robertson.

Those of you who have seen San Francisco Opera performances for the upper balconies of the Opera House will be doubly delighted to see the performers on September 13th up close and full size—leave your binoculars at home.

On October, Zeitgeist 1800 will perform early music on period instruments including forte piano, early clarinet, cello, and flute. They will perform music by Beethoven, Haydn, Vivaldi and Kreutzer.

The series will conclude on November 1 with the Alzia Holland Memorial Concert. This concert is partially sponsored by the Jacobs family in memory of Bernal resident Alzia Holland. It will feature the Arlekin String Quartet, a Russian ensemble of musicians currently residing in the Bay Area, performing music by Shostakovich, Dvorak and an original work by cellist Sergei Reabchenko.

All three concerts will be held at 7:00pm at St. Kevin's Church, 704 Cortland Avenue. Tickets for each concert are \$8 for adults and \$5 for seniors and children. Tickets can be reserved by calling 415/241-1515 or by email at mothmuse@aol.com. Tickets can be purchased at Bernal Books or at the door one-half hour before the performance. If ticket sales are brisk as the opening concert, don't wait til the last minute. See you at the Opera!

1999 National Beef Cook-Off Calls for America's Great-Tasting, Convenient Beef Recipes

One quick, easy and great tasting beef recipe will earn \$40,000 at the next National Beef Cook-Off. Could it be yours? Deadline for entering recipes is Nov. 8, 1998. For contest rules call 1-800-848-9088 or send a self-addressed stamped envelope to NBCO Rules, Dept. 99, 444 N. Michigan Avenue, 18th Fl., Chicago, IL 60611 or check the web site at www.beef.org. Recipe entries should be mailed to: National Beef Cook-Off Entries, P.O. Box 3240, Dept. DW1, Chicago, IL 60611.

Well, those delicious summer strawberries are in season, so why not take advantage of them? Skip over to your favorite market and pick up a basket or two of those red beauties. Here's an easy and delicious recipe we like.

STRAWBERRY TURNOVERS WITH CREME FRAICHE

2 Frozen Pastry Pie Shells
2 Baskets of Ripe Strawberries
1/4 to 1/2 Cup Brown Sugar
1/2 Cup Orange Juice
1 Egg, Whipped
1 Pint Creme Fraiche
White Sugar

THAT'S IT, LET'S GO!

Take the pastry shells and let them thaw slightly. Then take a rolling pin and roll them flat (be careful not to roll them out too thin). Cut into 3-inch squares. Brush two edges with egg to provide a good seal when you close the turnover.

Next, take the strawberries and dice them...the smaller the better. In a bowl mix

Cooking on the Hill

By: Luis & Lourdes Almaguer



the strawberries with the brown sugar and orange juice and let sit for 20-30 minutes. (This is to marinate the berries, so they will absorb the flavor.) After marinating, drain excess juice and you are ready to stuff those turnovers!

Take 2 tablespoons of the strawberry mixture and place it on your pastry square. Aim for the middle and try to avoid the edges. Next, fold one corner to the opposite corner to form a triangle. (No, you don't need a geometry class for this.)

Seal the edges by pressing with the tines of a fork along the square edges. To prevent any in-oven nuclear accidents, pierce the top of each turnover. Brush egg lightly over the top and sprinkle with a little white sugar (brown sugar will melt). You are now ready to bake.

Heat your oven to 350° and bake 15-20 minutes or until golden brown. Take out and let cool. Once at room temperature you are ready to top them off with creme fraiche. All that's left is to run someplace private and eat them all before your family catches a whiff of your delicious treats. That's kind of sick, I suppose. It is better to share.

Happy Snacking!

BHNC is looking for a local ARTIST!

The Bernal Heights Neighborhood Center is looking for local artist to submit art work for the 10th annual Fiesta/20th Anniversary of the BHNC. Artwork should be reflective of our diverse & unique community. Chosen work will appear on all fliers. Fiesta t-shirts and publicity! Camera Ready art should be submitted by Aug. 14th at 5pm.

Questions? Call Michael at 206-2140

ART and MUSIC CALENDAR of EVENTS

ACOUSTIC GUITAR FESTIVAL.

A vibrant gathering of guitar players and makers celebrating their music, art and craft. Week-long events include workshops, exhibition of guitars and guitar related gear, nightly concerts and more. August 9-15 at Dominican College in San Rafael. For info call 800/827-6837 or 485-6946 or check web site at www.acousticguitar.com.

THE ART OF BURNING MAN: An Incendiary Exhibition.. See the art of Burning Man and the outdoor exhibition of "The Man" himself before his one-way trip to the Black Rock Desert. San Francisco Art Exhibition, 165 Grove Street, until August 29. (The Man burns rubber for Nevada August 15.)

SAN FRANCISCO WOMEN ARTISTS PRESENTS: On The Road, an all media show juried by Kenjilo Nanao, painter and printmaker. SFWA Sales & Rental Gallery, 370 Hayes Street. Reception August 13, 5:30pm-7:30pm. Gallery hours Tues-Sat 11am-6pm. Thurs. til 8pm. 2nd & 3rd Sundays 1pm-4:30pm.

RIVER IN THE HOOD: a storefront installation & community education project by sculptor and media artist Gregory Galvin (BERNALTOWN) at Will Power Arts.

Opening party and Flotilla with live music Saturday, August 29 at 7:00pm and a closing night party September 19 at 7:00pm. A team of local teens are being recruited to participate by attending River Camp August 12-14. The teens will meet on the first day from 9:30am-5pm at the storefront studio to research river and watershed ecosystems and design and build river art that will become part of RIVER IN THE HOOD. On August 13th & 14th the teens will go on an overnight rafting trip on the American River sponsored by Friends of the River. They will then have the opportunity to be paid artists/curators while RIVER IN THE HOOD is open to the public. RIVER Camp Teen and Parent Information Night will be held August 5 from 6:30 to 8:00pm at Will Power Arts, 2670 San Bruno Avenue, San Francisco. There will be videos, snacks and information. For more information call 656-0119.

THE MARSH. Free Fall Arts Festival. Sunday September 13. Sunday Matinees - The Lorax by Dr. Seuss. Sunday Sept. 20 & 27. Mondays-Creative Movement Classes. Tuesdays -Drama for Kindergarteners & 1st graders 4-4:45pm. Drama for 2nd and 5th graders 5-6pm. Tues. drop-in art classes. The Marsh 1062 Valencia Street near 22nd. For more information call 826-5750.

PALACE OF THE LEGION OF HONOR. Ancient Gold: The Wealth of the Thracians—Treasures from the Republic of Bulgaria. An exhibition of more than 200 gold and silver treasures dating from 4000 to 400 B.C. Some of the items are believed to be the earliest worked gold items in existence. Elegant pouring vessels, shallow bowls. Ancient Gold Preview Party Friday, August 7 6-9pm. For more information call 510/649-2450. August 8-October 11.

YERBA BUENA PRESENTS. The Impressionist in Winter: Effet de Neige, as well as the work of Fred Wilson, a group show from Cuba and an exhibition organized by David Wilson of the Los Angeles Museum of Jurassic Technology. 701 Mission Street until May 1999.



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Dan B. Underhill

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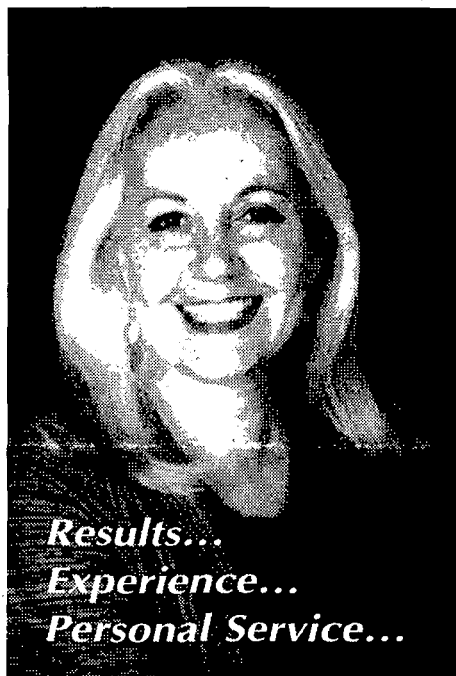
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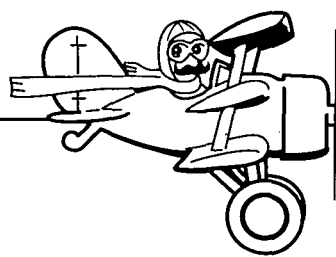
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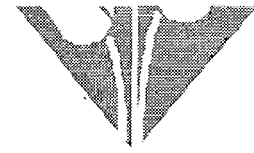
**BERNAL
INTERNATIONAL, TOO**



Some honeymooning newlyweds are in absolute rapture when they stare deeply into each other's eyes. Others, still, find the adventure of far-away lands absolutely breathtaking. Me? Well, I just had to find out what the New Bernal Journal thought of *Everybody's San Francisco Cookbook!* Well, what else is a new bride going to look at in Amesbury, England? Wow, those are pretty big stones back there, huh?

AUGUST & SEPTEMBER'S

Alien Astrology



ARIES March 21-April 19

You won't make life easier by going along with something you don't believe in.

TAURUS April 20-May 20

Are you provoking thought or ire? Stick to the point, avoid cheap shots, and you'll make your case.

GEMINI May 21-June 21

Careful about getting roped into a dispute. You could make the wrong impression with someone you would like to impress.

CANCER June 22-July 22

Things not working could be for the best. What you think you want may be at cross-purposes with what you truly want.

LEO July 23-August 22

Pull yourself up by the bootstraps! Even if you feel disheartened, people are counting on you. And that's what really matters.

VIRGO August 23- Sept. 22

You're on the brink of another unpopular decision. It's not like you haven't braved these dire straits before. Full steam ahead.

LIBRA Sept. 23-Oct.23

Unpleasant truths never make for easy listening. But you've gotten to the bottom of recent tensions, so the only place to go is up.

SCORPIO Oct. 24-Nov. 21

You don't like reversing your position. Anyone in your shoes would have done the same. You've nothing to feel bad about.

SAGITTARIUS Nov.22-Dec.21

Even if you risk making others angry, you need to say what's on your mind. This keeps matters out in the open.

CAPRICORN Dec. 22-Jan.19

Don't knock over the board game yet! You're far from defeated. You'll soon find a way to turn the tables.

AQUARIUS Jan. 20-Feb. 19

Something has to change in the work place. You've tried reason, so this time let people face their own fiascoes.

PISCES Feb. 20-Mar. 20

A superior will give you a break if you let him or her off the hook. Press that advantage now. It may not be good for long.

*Prove me wrong about your sign
and send your defense to Estrellita De Amor.*

Rhythm & Motion

*Dance Workout
Classes now in
Bernal Heights!*

Bernal class is on Tuesdays & Thursdays at 6:00 pm, and Saturdays at 9:15 am, in the neighborhood gym, located behind the library on Moultrie.

For FIVE FREE CLASSES call 621-0643. See you at Bernal, or join us at our studio (1133 Mission btwn 7th & 8th) or one of six other locations.

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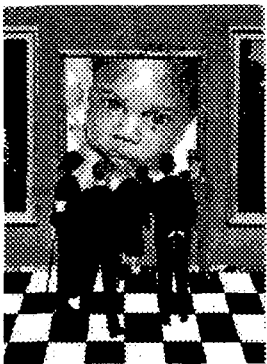
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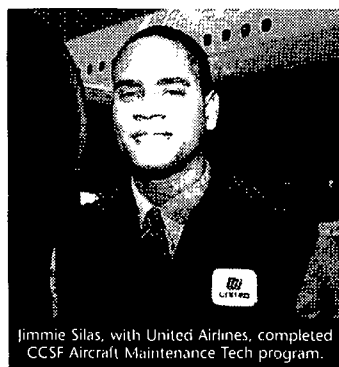
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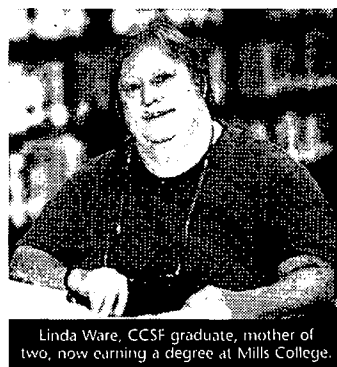
Amy Kee, pursuing a new career at CCSF, Environmental Horticulture and Floristry.



John Luna, City College alumnus, just graduated from UC Berkeley.



Jimmie Silas, with United Airlines, completed CCSF Aircraft Maintenance Tech program.



Linda Ware, CCSF graduate, mother of two, now earning a degree at Mills College.

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RHYTHM & MOTION IS MORE THAN DANCE

Rhythm & Motion, San Francisco's longest-running dance workout program, has just opened the newly renovated Rhythm & Motion and Dance Center at 1133 Mission Street at Eighth Street in the SOMA/Civic Center District.

The Rhythm & Motion Dance Center is designed to be a community meeting place where people of all backgrounds can experience the joy and spirit of dance. The Dance Center will offer simultaneous dance classes in an ever-widening array of dance and movement techniques, includ-

ing Rhythm & Motion Dance Workouts, Rhythm & Motion for kids, the ODC Children's program, several types of yoga and dance classes including Hip-Hop, Afro-Haitian, Afrô-Cuban, Afro-Caribbean, Jazz, Salsa, Central and West African, Modern and Brazilian dance styles.

The company, started by Consuelo Faust in 1979, has lived by its mission of bringing the joy of dance to the public in a workout format while providing part-time employment for dance professionals.

In all classes offered by Rhythm & Motion there is an emphasis on the personal experience of dancing: a concern with moving in a fun, creative, balanced way without feeling pressure to live up to an external critical standard. Rhythm & Motion teaches 60 different classes per week in 7 different locations. For more information call 621-0643.

**Do you have something to say?
Send your Letter to the Editor.**

**Editor
New Bernal Journal
515 Cortland Avenue
San Francisco, CA 94110**

Don't Let Your Glass Go to Waste!

by David Assmann, Senior Administrator, SF Recycling Program

Did you know that the glass bottle you used this morning could have glass in it that was first manufactured during the Gold Rush? That's because the recycling of glass has gone on for hundreds of years. Glass manufacturing is one of the oldest of human industries. People have been making glass for more than 3,000 years. You would expect that, since we've been making glass for so long, we'd be surrounded by mountains of old glass. But fortunately, glass, made primarily from sand, soda ash and limestone, is one of the easiest materials to recycle. In fact, the process for manufacturing new glass actually requires used glass.

Glass recycling itself is a straightforward process. Used glass bottles and jars are mixed with raw materials and heated in a melting furnace to up to 2800 degrees Fahrenheit. The molten glass is then shaped in a forming machine and turned into new glass products.

Not only is glass easy to recycle, but it can be recycled indefinitely, and is recycled right here in the Bay Area. We currently recycle almost 30 million pounds of glass a year in San Francisco through the curbside and apartment recycling programs alone—which means we are recycling slightly more than half of all glass used by residents. While this is higher than the national average, still this means we send more than 19 million pounds of glass to the landfill every year.

Glass is the second most recycled material in the curbside program, after paper. It makes up about 10% of the waste we generate in San Francisco (nationwide, glass makes up about 6% of the waste stream).

Most glass is used for containers. Until the 1960's, most glass beverage containers were refillable. Milk used to be delivered in glass bottles and could be returned to be refilled and used up to 30 times or more.

Today, less than 5% of glass containers are refillable.

A return to refillable bottles (which Sweden has done successfully) could save 90% of the raw materials used in the manufacture of glass bottles. It could also save energy. It takes almost six times as much energy to make one new disposable 12-ounce beverage container as it does to use one 12-ounce refillable container 10 times.

Some products are still sold in refillable glass containers. For example, a number of supermarkets and food stores have started to sell milk in refillable glass containers again. For products that are not available in refillable glass containers, the next best thing is to recycle. By recycling glass containers you can help reduce energy use by up to 30%, reduce air pollution (recycled glass production produces less sulfur dioxide, carbon dioxide and nitrogen oxide) and help preserve valuable landfill space. You also reduce the amount of mining waste created. For every ton of glass produced, 384 pounds of waste is created; 50% recycled glass reduces this waste by 75%.

All glass containers, including bottles and jars, are recyclable. For curbside collection, you can put glass containers directly in your blue bin, or if you live in an apartment, you can use the central blue recycling bin. (In Chinatown, put your glass containers in a paper bag and put them on the curb Sunday nights at 8 p.m.) You do not need to remove the paper labels (these burn off in the glass furnace).

Recycling glass makes sense. It saves resources and landfill space, reduces pollution, and helps provide jobs right here in the Bay Area.

Healing Alternatives

by Jana Hutchenson



The most well-known Western style of massage is "Swedish" massage, so-called because it supposedly originated in Sweden. The name gives the impression that a lot of this type of massage is done in Sweden, but from what I have heard, this is not the case.

The Swedish massage technique consists of long strokes called "effleurage" and small, circular strokes called "pettrissage." The massage also involves the use of choice body oils and herbal essences, which have a nurturing quality. Muscular tightness, acidic deposits and stress are systematically kneaded out of the body.

Swedish massage tends to be a lighter type of massage, but is frequently combined with deep-tissue-style massage, which goes into deeper layers of muscle.

Massage provides a wonderful opportunity to keep in touch with oneself and to become aware of one's body in a totally new way. It is not simply a luxury for the rich or an indulgence of sensualists—it is a vital interplay that should be a part of everyone's life, young or old.

Massage stimulates the body's own healing function. The results can be remarkable. It releases the body to its own energy flow and is good for lymphatic drainage, circulation, blood pressure and much more. It connects us to natural energy channels and unblocks what has been dammed up

both physically and psychologically. The body is known to hold trauma in the fascia (skin and superficial cells of the body) for years. Massage helps create wholeness and relaxation and brings our consciousness out of our heads and into our whole body.

Often we need to learn to be good to ourselves and to treasure ourselves as much as we would like others to treasure us. Suffering is often rooted in not valuing or caring for ourselves. Massage is a gift to the body, which can be given to our deepest selves.

Sometimes this kind of self-caring can heal a lack of childhood nurturing—or it can remind us of nurturing we haven't had since childhood. Many of us never got the degree of nurturing that we desired (or deserved) as children, so this can be a way of re-parenting ourselves. It can also be an antidote for crisis and grief or anxiety attacks. Strong drugs are often used in these situations needlessly when some other drugless, natural way would suffice.

Massage brings healing, well being, relaxation and health.

Healing Herbal Hints:

Wheat grass is believed to have great curative powers for many degenerative and "incurable" diseases when taken as a fresh liquid. Fifteen pounds of fresh wheat grass is equal in nutritional value to 350 pounds of the choicest vegetables. In tablet or powder form, it provides highly concentrated food for both people and animals who need more dietary greens and roughage.

- Reduce the number of phone books you receive by calling Pacific Bell at 1-800-848-8000
- If you have no recycling program at work, each person should take home some old phone books to recycle.
- Contact your garbage pick-up service provider at 330-1370 or 626-4000, to participate in the **Small Business Recycling Program*** (ie. phone books, office paper, cans, bottles & cardboard; also plate glass, clean wood, produce & floral waste.)



- Things you can do **NOW** in the office:
Use both sides of paper for copies and faxes
Bring your own mug for coffee
- Call 554-3400 for recycling directories, list of recycling centers, and a starter kit.

This free service is provided only in certain areas in the City, call to find out if your area is being serviced.

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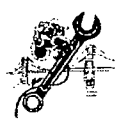


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Word Challenge

by J.J. Sowers

I'm back again. Did anyone miss me?
This week's words come from a variety of sources and range from medium difficulty to very hard. Good Luck.

- 1) miasma : a) strip mine b) loop c) expert d) dilemma
- 2) winnow : a) shackle b) feast c) unborn d) craze
- 3) Procrustean : a) somber b) destructive c) confuse d) quarrel
- 4) emolument : a) orderly b) poverty stricken c) confined d) small-time
- 5) aliquot (victory) : a) costly b) overwhelming c) delayed d) anticipated
- 6) hew : a) profit b) suspender c) deny d) cluster
- 7) fabian : a) meaningless b) difficult c) preoccupied d) adjacent
- 8) eleemosynary : a) charitable b) list c) confection d) lamentation
- 9) satrapy : a) fabric b) ruler's territory c) intuitive illumination d) sullen
- 10) prate : a) quartz b) implore c) abrupt d) chatter

See the author about definitional disputes.

All the above words can be found in
WEBSTER'S Ninth New Collegiate Dictionary.

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Questions? Call Michael at 206-2140

PARENTS & KIDS CALENDAR PICKS

STRYBING ARBORETUM.

Calling parents of children ages four to eight: bring your child and curl up in a chair to listen to children's stories from children's books with garden themes. After the stories, take a guided garden walk. August 2 and 16. Reading 10:30am, walk begins 11:00am. FREE. For more information call 661-1316 ext. 303.

BREASTFEEDING CLASS

Great Expectations will offer a breastfeeding class for pregnant women and their partners which will provide information on how the breast works, milk production, positioning, problem-solving, milk storage and more. August 3, 6:30-9:00pm. Ambulatory Care Center, UCSF Medical Center Campus. Interested women can call Great Expectations at 476-6667.

SAN FRANCISCO ZOO. This year, summer at the SF Zoo takes on a whole new look with opportunities for visitors to talk to keepers during the "Meet the Keeper" series at scheduled times through Labor Day. "Visitors like to see that animals are cared for and that there's a certain bond between the animals and keepers." Daily, 2:30pm. The San Francisco Zoo. Extended Children's Zoo hours 10:30-4:30pm all summer. For more information - SF Zoological Society 753-7080.

CORTLAND LIBRARY.

Storytime singing, Bubbles and Poems at the Cortland Library every Friday at 3:15pm. Beginning August 7th for preschoolers to 7 years old, all age siblings welcome.

PREHISPANIC WHISTLE

MAKING. Make whistles like those used by the ancient Aztecs. Then, play prehispanic music using whistles and other instruments. Saturday, August 1. Limited space available. Mission Branch Library, 2601 Mission St., 5th Fl (@22nd), 695-5090.

MAD SCIENCE PROGRAM.

For children ages 5 and older. The science behind magic tricks! Tuesday, August 4. Main Library, Sischer Children's Center, 557-4554.

CLOWNING WORKSHOP WITH STARKO THE CLOWN.

Saturday, August 8, 2:30pm. Ingleside Library Branch, 387 Ashton (near Ocean), 337-4745.

SAN FRANCISCO TABLE TENNIS TOURNAMENT.

The Table Tennis Club and San Francisco Parks & Recreation sponsor the 10th Summer Open Table Tennis Tournament. This two-star tournament is open to all players. Saturday & Sunday, August 15 & 16 at Sunset Recreation Center at Lawton & 28th Ave.. Call Chuck Smith at 333-0947 for details.

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